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Nursery fined £180,000 after toddler Tiya choked to death on a jelly cube

AN ACCIDENT 'WAITING TO HAPPEN'



REPORTER

PIPPA ALLEN-KINROSS

pipa.allen-kinross@
london.newsquest.co.uk



A nursery company with sites across Kingston and Merton has been fined £180,000 after a toddler choked to death on a jelly cube.

Tiya Chauhan was just 22 months old when she was briefly left unattended at the Dicky Birds Nursery branch in Wimbledon on August 23, 2012.

During this time – estimated to be a maximum of 75 seconds – Tiya placed a jelly cube being used as part of a sensory activity into her mouth and started to choke.

She was found face down and unresponsive on the nursery floor by a member of staff and rushed to St George's Hospital in Tooting, where she showed no signs of consciousness.

On August 24, doctors said she had suffered intensive brain damage and that further treatment

would be in vain. Her life support was stopped at 9.38pm, and Tiya died at 9.50pm.

Tiya's tearful parents, Chetan and Dipa Chauhan, *pictured inset*, were in Kingston Crown Court on Monday, March 21, to hear the ruling against Dicky Birds, along with several members of staff.

The nursery had previously pleaded guilty to failing to ensure that Tiya was not exposed to the risk of choking on the jelly cube, and with failing to make a suitable and sufficient assessment of health and safety risks.

In a victim impact statement read to the court, Mr Chauhan described waking Tiya up and dressing her before taking her to nursery on the fateful day.

His statement said: "That morning she was fine.

"I gave her a kiss and she went off straight away, playing with toys. She seemed happy. That was the last time I saw Tiya well.

"We will always wonder whether there was more that could have been done to prevent the tragic

death of our baby daughter.

"Tiya will be forever loved and missed in our family, and I hope no other family has to go through what we have been through in the last three years."

The court heard the hard cubes of jelly had been added to the sensory table without any assessment of possible risks by nursery manager Jacqueline Cruchfield.

Tiya was one of six children who had been briefly left unsupervised in the room containing the sensory table during a period of "free flow", when they were allowed to move at will between

different rooms. The nursery had 30 children in that day, with 11 members of staff on duty, exceeding the required ratio of staff to children.

Prosecutor Charles Curtis said Tiya's death was "an incident that was waiting to happen."

Karen Wickett, a lecturer in early childhood studies, at Plymouth University, said in a report: "Raw jelly is an inappropriate resource to put into an unsupervised activity for a child of 22 months, or any child under the age of five years."

Sentencing, Judge Peter Lodder QC acknowledged good Ofsted ratings achieved by Dicky Birds, as well as their good relationships with Merton and Kingston councils and the work they do with children who have learning difficulties and those from deprived backgrounds.

He also accepted changes had been put in place after Tiya's death, including the removal

of all jelly and play dough, and the ending of the free flow activity.

Dicky Birds owner Rachel Berry said in a statement read to the court: "Tiya's death has had a profound impact on me and the nursery staff. I can only begin to imagine the impact her loss has had on her family."

Judge Lodder fined the company £270,000, which was reduced to £180,000 for an early guilty plea. It will also pay legal costs of £17,234.50.

In a further statement, Mrs Berry said: "I am certain that we have done everything we can to minimise risks in our nurseries and I hope that other nurseries around the country have taken heed and learnt from this tragic accident."

Tragedy:
Dicky Birds Nursery in Dundonald Road, where Tiya Chauhan, 22 months, died.

Inset: Her parents Chetan and Dipa

"I can only begin to imagine the impact her [Tiya's] loss has had on the family."

*Rachel Berry
Dicky Birds owner*

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EELS TRAINING: Kingston University and the Zoological Society of London have teamed up to run eel observation training sessions for anyone interested in the migration of the river dwellers. Monitoring runs from April to September so volunteers can enjoy London's rivers in the summer while collecting vital data to understand the movement of eels. The next session is on May 11, 2pm to 4pm. Email biodiversity@kingston.ac.uk.

CREDIT SCORE: Kingston residents are the most financially savvy in London. Figures compiled by clearscore.com found Kingstonians to have an average credit score of 436 – beating neighbouring Sutton by 15 points to be the highest in the capital. The score is the highest despite residents earning almost £100k less than those in the City of London, who earn around £131k per year compared to Kingston's £39,900.

CYCLING SWAP: Kingston Council is working with police and Transport for London on an 'exchanging places' event so cyclists can see how visible they are on the road, plus free security marking for bikes and advice on locks at Market Place, 10am to 3pm, on March 29.

Zac Goldsmith forced to step down after voting to axe employment and support allowance

Tory mayoral candidate ousted as charity patron after backing cuts

REPORTER

REBECCA TAYLOR

rebecca.taylor@london.newsquest.co.uk



ZAC Goldsmith has been forced out as patron of a disability charity after he voted to cut benefits for disabled people by £1,500 a year.

Richmond Advice and Information on Disability (Aid) asked the millionaire north Kingston MP and London mayoral candidate to resign, and it is understood he did so the same day.

In a statement, Richmond Aid's chief executive Lucy Byrne criticised both Mr Goldsmith and Twickenham MP Tania Matthias for voting in parliament to make the cuts, which she said would have a "severe and detrimental impact on the lives of disabled people".

She said: "It must be recognised that being a disabled person means higher general living expenses, for example to keep warm, to travel to

get to activities and to participate in the community and travel to medical appointments.

"For people who are close to getting back to the workplace add to that the cost of taxis to interviews, smart clothes for work and internet access.

"We believe this cut moves disabled people further away from the workplace and increases the social isolation of people who are already vulnerable and already experience barriers in getting employment.

"We are shocked and disappointed to find that both our local MPs here in the borough of Richmond voted for this cut, one of whom is patron of our organisation.

"Having voted for this brutal cut we believe that Zac Goldsmith's position as patron is no longer tenable."

A Richmond Aid spokesman said the cuts were in "direct conflict" with the ethos of the charity and that it was "inappropriate" for Mr Goldsmith to remain affiliated.

She said that Richmond Aid would still work with Mr Goldsmith as the local MP to help clients receive the correct benefits.

The vote for cuts to the employment and support allowance (ESA) was carried despite two rebellions in the House of Lords and warnings from charities that it would become more difficult for disabled people to



Forced out: Zac Goldsmith stepped down from his role as patron of Richmond Aid after the charity criticised his vote to cut some disability benefits

get into work.

Zac Goldsmith has been contacted for comment.

Kingston and Surbiton MP James Berry defended his own decision to back the cuts.

He said: "The Conservative manifesto on which the government and I were elected was clear that we would balance the books and that to do so

the economy required £30 billion.

"This was to be achieved by from £13 billion in departmental savings, £12 billion in welfare savings and £5 billion from tackling tax evasion.

"For all the criticism of the decision to cut funding in the work-related activity group, I have not received suggestions of alternative welfare savings that could be made."

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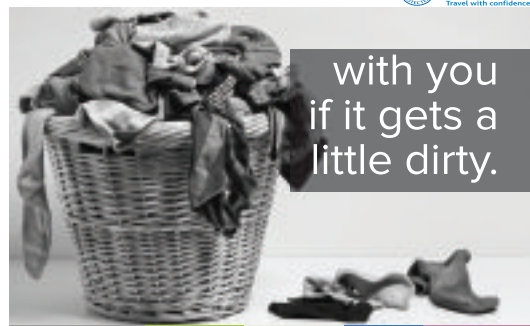
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Hospice cashes in as gold club closes

A GOLF club has donated more than £3,000 to charity after it was forced to disband due to the closure of Chessington Gold Centre.

Former Chessington Golf Club captain Patrick Marsh presented a cheque for £3,217 to St Raphael's Hospice, having emptied the club's accounts after it disbanded in November last year.

Mr Marsh said: "It's a charity that I knew going back in the family for many, many years. I just know the hospice movement does a lot of good work."

The club and its 25 members were left without a home after the sale of Chessington Golf Centre to real estate developer Affinity Global last year. Concept drawings have been released displaying plans for a football stadium to be built on the site to become Kingstonian's home ground, alongside a 25m swimming pool and homes.

Mr Marsh said: "It was a great surprise, there were no murmurings at all. It's something we have to accept. They were very disappointed; it's been very difficult."



Donation: Darren Pearson, Sheelagh McCarthy, Patrick Marsh and Rachel Fall

Tim's 100 days wins support

ROYAL Star and Garter residents celebrated astronaut Tim Peake's 100th day in space with a social media message of support. They were joined by Southborough High School pupils of watching Neil Armstrong's moon walk in 1969. Bert Ryder, an RAF veteran, said: "Of course, it was a very exciting time – we watched the whole

event closely. I must admit I'm glad I was an RAF pilot and not an astronaut – I wouldn't have liked to go any further. These are brave men."

WW2 veteran Ernie Prior said: "It was a great moment in history. I collected all the envelopes and stamps I could and sold them for really good money. It was an exciting time for all and look where we are now."



Marking the day: Bert Ryder, Helen Hamilton and Ernie Prior with Southborough pupils

CONTACTS

Calls may be monitored for training purposes

EDITORIAL

Content editor: Jon Sharman
newsdesk@kingstonguardian.co.uk
Tel: 020 8722 6317

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Man walks entire M25

A FUNDRAISER has walked the length of the M25 for charity, despite getting lost and having to spend a night in a hotel on his way around.

Richard McChesney, 48, from Ham, set off from Dartford to begin his walk around the M25 – about 165 miles in length – on Friday, March 11 to raise £5,000 for Sport Relief, a journey he planned to make within 48 hours without stopping for a rest.

Thirty-two hours into the trek he was forced to take a break and checked into a hotel. Despite his exhaustion, Mr McChesney picked up where he left off the next morning and completed the journey last Tuesday at about 7am.

He said: "I only managed 32 hours and then had to have a 15-minute sleep. That was the beginning of the end. On Monday morning I decided I felt well enough to continue so I caught the train back to where I had stopped and started again at 3pm that afternoon."

Mr McChesney walked on A and B roads near the busy motorway, at one point causing him to get lost near the A3 and having to climb barriers to cross the road.

He has raised more than £1,400. Visit richardwalks london.com.

Kind-hearted driver gave first aid and drove injured woman to her home

Good Samaritan goes to aid of cyclist left lying in road

REPORTER

ELLIE CAMBRIDGE

ellie.cambridge@london.newsquest.co.uk

A GOOD Samaritan on his way to work stopped to help a woman who had come off her bike and was left with a 'golf ball on the top of her eye'.

Chris Higgins, 43, who lives minutes from Chessington Road, where the woman crashed, was travelling to work at about 5.30am on Monday, March 7.

He said: "I got about five yards into the road and I saw a lady lying on the floor."

"The bike was a little bit further away, I stopped immediately."

"I asked if she was OK and straight away when she looked up her chin was cut, it looked really bad so I got the first aid kit from the back of my car. She didn't want an ambulance."

"Her eye was like a golf ball on the top of her eye. It was like someone had put a brick on the top of her eye it was that big."

"I said to her, 'Do you want



Good Samaritan: Driver Chris Higgins

me to take you home?" and she said, 'If you don't mind,' so I put her bike in the car and drove her home."

Mr Higgins has worked for Alliance Healthcare UK at the Chessington Service Centre for 20 years.

The cyclist, who did not

want to be named, later went to the hospital with her daughter. After his shift Mr Higgins dropped in at her home in Chessington to see how she was doing.

He said he thought she had gone over her handlebars and hit the curb.

He added: "I think it was a pothole. There were cars passing her but no one stopped."

The woman said: "I was quite shaken by the accident and in a bad way. It was quite fortuitous that Chris was proficient in administering first aid."

"Chris is a brilliant guy and it was incredibly kind of him to take me home and even check in on me later that day."

"I am very appreciative for everything Chris did for me. He is a local hero and real star."

Kevin Harmer, service centre manager, said: "It was very heart-warming to receive a phone call from a member of the public who was truly grateful for the assistance provided by one of our drivers."

"I am really proud how Chris went to the aid of someone who was badly injured and in shock."

"He provided assistance and reassurance and it's comforting to know that real good Samaritans still exist."

COMIC'S GIFT: Esher-based Princess Alice Hospice received a surprise £2,000 donation from comedian Adam Hills. The Australian Last Leg presenter raised the money after his Rose Theatre performance on Sunday. He took a bucket around the audience after his Clown Heart show.

COURT FUN: Find out what it is like to be a juror, lawyer or judge at Kingston Crown Court's open day. Join in a mock trial, dress up in a wig and gown or put your parents in the dock at the event on Tuesday. The courts, in Penrhyn Road, will be open from 2pm to 4.30pm. Anyone aged above 11 is welcome.

CANCER HELP: Cancer sufferers and their families will be offered support in a charity roadshow. Macmillan Cancer Support's Mobile Information Service team will be outside Fat Face in the Bentall Centre on Tuesday between 10am and 4pm.

DRUNK ATTACK: A woman has been jailed for drunkenly attacking two police officers in Surbiton. The assault meant that Jodie Stonebank, 27, of Timperley Gardens, Redhill, breached a suspended sentence order imposed in July after she assaulted another cop. Wimbledon magistrates jailed her for 12 weeks last Friday, March 11, for the Oakhill Crescent attack.

BOARD MEETING: The Kingston Safer Neighbourhood Board will meet at the Guildhall on Tuesday at 7pm.

Fly seen buzzing in pitta pack



Creating a buzz: A fly trapped in a pitta bread packet and, inset, New Malden Tesco

A video showing a fly scrambling inside a sealed pack of pitta bread on sale in a New Malden supermarket has gone viral.

The video, which was reportedly shot in Tesco, in Beverley Way, on Tuesday, March 8, has been viewed more than 26,000 times on social media. Youtube rapper Danny Tabanacle cap-

tured the video while shopping with a friend.

He posted on Facebook: "Me and my friend were in Tesco in New Malden shopping when I picked up some low fat pitta bread, but never in the world did I think I would be getting extra flies with it."

"We approached the manager and showed him what we had found."

He quickly grabbed the pack off us faster than Usain Bolt. He then proceeded to offer us a £10 pound voucher.

"This is definitely not a joke. Nobody wants a fly s***** all over their pitta bread."

A Tesco spokesman said: "We will be asking our supplier to investigate how this could have happened."

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Pharmacy cuts fears

KINGSTON and Richmond pharmacists say government cuts to their services will put increased pressures on the borough's GPs and have gone to MP James Berry to voice their concerns.

The Kingston and Richmond Local Pharmaceutical Committee (KRLPC) is battling against proposals suggested by the government in December, which are now under public consultation.

They include a £170 million reduction in funding for community pharmacy in 2016-17, which could result in the closure of 3,000 pharmacies nationally and a drive toward dispensing medicine online.

Mr Berry met with KRLPC members on March 11.

In a letter to Alistair Burt, minister of state for community and social care, he wrote: "The consultation has caused consternation among community pharmacists locally because it does not appear to take account of the background to community pharmacy.

"One thing that stuck me was just how much preventative work they do, including a number of checks people would ordinarily need to go to the GP for.

"It would be very disappointing if this valuable work was lost, putting extra pressure on GP surgeries."

Residents of campus buildings hit out at incessant pest invasions in flats

A squirrel stole my sirloin, claims university student

REPORTER
RACHAEL BURFORD
rachael.burford@london.newsquest.co.uk

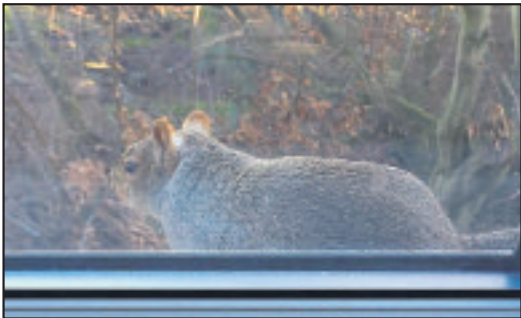


SQUIRRELS, maggots, mushroom and silverfish infestations are plaguing a Kingston University accommodation site, according to students.

Students who live in the Clayhill building in Burney Avenue claim that squirrels are regularly invading flats to steal food, and that this week some residents were evacuated for fumigation to take place after months of complaining about silverfish.

Renting one of the 700 rooms at the campus next to the Seething Wells building costs £133.75 a week, and students have complained they are having to remove severe mould themselves.

Eric Brain, 19, a first year journalism student who lives in Clayhill said: "Mould is something I've spent a lot of money dealing with. People have come back from holiday and found mushrooms growing out of their skirting. The



Marauder: A squirrel at Clayhill. Pic: Eric Brain.

university won't deal with anything unless it's a fire hazard.

"If you have a window open when you're cooking and leave the room for a second a squirrel will come in and try and take your food.

"Recently one got in and took a steak I was cooking. When I came back in the kitchen everything was all over the floor."

Mr Brain also claimed the university is uninterested in the complaints because most

everywhere. Because they don't like light when you walk into a room and switch the light on you see hundreds of them scatter.

"There was quite a lot of mould when I was there too."

A Kingston University spokeswoman said it does not keep a record of the numbers of complaints received.

She said: "The university takes the comfort, health and safety of its students very seriously.

"The university's halls of residence are located in green areas close to wildlife.

"For this reason we ask students to bag rubbish carefully, keep bin areas and kitchens clean, ensure food is locked in cupboards and that windows are kept closed.

"In the past there have been occasions when students have notified hall management of problems with mildew.

"Silverfish are found from time to time in Kingston's halls of residence.

"When they are reported, they are dealt with quickly by a pest control company."

WEDDING FAIR: Kingston Council is hosting a free wedding fair for couples wishing to get married at the Guildhall. The fair will include a tour of the Kingston Register Office, where couples have been able to get married since it moved to the Guildhall last year. The fair will run on Sunday, April 3 from 11am to 3pm.

POLICE SHOW: Vintage police cars, ambulances, and fire engines will all be on display as part of a showcase in Kingston town centre. The classic cars will be on show alongside police horses and dogs at Kingston Market Place on Wednesday, March 30 from 11am to 4pm.

NATURE WALK: A community open day is being held for residents to discover Kingston's 'hidden nature reserve'. Hosted by the Kingston Biodiversity Network, the open day invites residents to Tolworth Court Farm Moated Manor, in Old Kingston Road, where there will be a nature walk, history talk and live music. The open day will run 1pm to 5pm on Sunday.

HOUSING PLAN: Plans to put more than 100 new homes on Tolworth Girls' School's former playing fields go to public consultation this month. Outline planning permission was granted last year and housebuilder Taylor Wimpey has been chosen as development partner. Plans will go on show in an exhibition at the school in Fullers Way North on Monday from 4pm to 8pm. For more information, email TWSWT.Planning@taylor-wimpey.com.



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Twenty years of firefighting and environmental campaigning 'Greenest' firefighter recognised for service

REPORTER

JON MITCHELLjonathan.mitchell@
london.newsquest.co.uk

A KINGSTON campaigner dubbed London's "greenest firefighter" has been recognised for his long service after a 20-year stint fighting the flames.

Simon Jakeman, 43, of Somerset Avenue, Chessington, was given the award, accompanied by his wife Karen, 40, by London Fire Brigade chief officer Ron Dobson at a ceremony in City Hall on Thursday, March 10.

He said: "It was just a real honour to receive the medal. They had a function on the top floor afterwards, the views over London from the tower were brilliant. I just want to thank my wife, she's been there for everything."

During his 20 years of service, which also included a spell in Surrey, Mr Jakeman has become a renowned name across Kingston for his devoted campaigning on environmental issues.

He has travelled the country as London's Super Green Champion, works as a community adviser in the south of the borough

**Long service:** Simon Jakeman has been fighting flames for 20 years

and for the Kingston Biodiversity Network, among others, and has gained a reputation as London's greenest firefighter.

He said that his passion for environmentalism can be traced to his youth, and his years serving as a firefighter have only fuelled his desire to help save the world.

He said: "My next door neighbour was a firefighter so I grew up with it. I just wanted to do my

bit and help people out. I've always played and worked outside. "I've chased grass fires, cleaned up all the places after the big disasters, so I've seen the damage of climate change – the devastation it can cause."

Mr Jakeman shows no signs of slowing down in his campaigning, having recently set up a garden in New Malden fire station.

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Warm welcome for Syrian refugees

KINGSTON has welcomed its first family of Syrian refugees after a landlord offered them a home.

The family, categorised as among "some of the most vulnerable displaced Syrians identified by the United Nations", landed in the UK on Tuesday as part of the government's vulnerable persons relocation scheme.

Given the family's vulnerability, Kingston Council has not released the identity of the family or landlord.

Council leader Kevin Davis said: "I am proud Kingston has received its first family. Kingston cannot solve that

problem alone, but we can express our open and humanitarian nature by taking families who are in the most need. The disastrous situation in Syria has created a refugee crisis of biblical proportions."

Kingston Council has issued a renewed call for landlords to offer their properties to those fleeing war.

Relocation funding is provided by the Home Office and a landlord premium paid in advance.

To qualify, homes offered must be self-contained and available for at least a year, and interested landlords can e-mail david.hill@kingston.gov.uk.

Bank worker caught inappropriately touching young woman

PR boss jailed for two years over sex assault

REPORTER

ANDERS ANGLESEY

jonathan.mitchell@
london.newsquest.co.uk



A MAN jailed for sexually assaulting a vulnerable woman in Brighton was a top PR manager at banking group Santander.

Jonathan Akerman, of Risborough Road, in Worcester Park, was caught touching a 21-year-old inappropriately next to a Travelodge in West Street at about 5am on October 4. CCTV operators believed she was unable to consent.

Akerman, 43, who described himself as "a seasoned PR pro" on his LinkedIn profile, also played drums for the band Trem-

bling Blue Stars after following the group as a fan. They once played on the John Peel show.

The senior strategic communications manager had described one of his greatest successes as helping head off a near-run on the bank when a ratings agency mistakenly said Santander UK had been downgraded.

He has also fundraised for the British Heart Foundation and NSPCC.

A Santander spokesman said it would not be appropriate for the bank to comment on Akerman's conviction "at this time".

Akerman admitted sexual assault at Lewes Crown Court on Friday, March 7, and was jailed for two years.



Jailed: Jonathan Akerman

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Rail service funding announced in Osborne's budget speech

Cross-party delight as Crossrail 2 approved

REPORTER

JON MITCHELL

jonathan.mitchell@
london.newsquest.co.uk



CROSSRAIL 2 – a £27 billion rail service linking Kingston's train stations to north London – has been given government approval.

Funding for the rail service, which will connect Kingston, New Malden, Chessington South, and Surbiton to Tottenham Vale via an underground tunnel, was announced as part of Chancellor George Osborne's budget speech on Wednesday.

Now that the scheme has been approved, ministers are hoping the train line could be built by 2030.

Kingston MP James Berry said: "It's not a luxury, it's absolutely vital. Kingston stands to benefit more from it than any other borough. It's a massive step in the right direction."

The announcement comes after an independent body, set up by George Osborne last year, approved the scheme last week and urged ministers to pursue building the train line "as a priority".

The Chancellor said: "The



'Vital': MP James Berry welcomed the news. Pic: Robbie Whitfield

government that commissioned Crossrail 1 will now commission Crossrail 2. Across Britain this budget invests in infrastructure."

According to Transport for London, 200,000 homes and 200,000 new jobs could be made available with the construction of the train line.

But figures compiled by property website Zoopla show that house prices in some areas on the Crossrail 1 line rose by as much

as 66 per cent since construction began on the project in 2009.

Plans to drive the project through the heart of Wimbledon have caused uproar among residents, who have campaigned for a re-think by planners.

Lib Dem Teddington councillor Stephen Knight said: "Everybody thinks it will be an absolutely essential piece of infrastructure to keep London moving. People will benefit from the increased services."

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ONLINE OPINION

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Petition to stop Market House being turned into pizza chain supported by more than 2,000 people

If the costs are not being covered by the current tenants then Kingston Council has to find those that cover all or a more significant part of the costs. As to the existing traders, it is not as if there are no other options in the town centre or even on the web.

FOO BEAR

The craft market is great and provides an ideal location for local small traders in a very expensive town and a lovely addition to the market square. This is entirely about money winning over community. Kingston doesn't need another pizza place.

LOTTIE PROSSER

I'm baffled why anyone should object. What is proposed is a restaurant not a fast-food outlet. The Market Square is ideal for a bit of gentle enlivening of an evening.

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If complaining about third party comments on our website articles, you should use the 'report this post' function online next to the comment.

Care critics

JUST recently our dear brother was in Kingston Hospital.

He was very ill and for five weeks was in intensive care at least three times.

At no time was he ever without a doctor and nurse by his side. Their care and treatment of our brother was second to none.

Unfortunately at 68 he passed away, and the reason I'm writing to you is because it upsets me to hear people criticising these very caring people who never give up trying to help people who are ill.

Jeremy Hunt wants to go to Kingston Hospital and just watch – a five-minute visit doesn't tell the whole story. Each and every one of them deserves everything they're asking for.

If Mr Hunt were ever to need a stay in hospital I would recommend Kingston, then he would see first-hand how hard the doctors, nurses and palliative staff work.

On behalf of our family, a massive thank you to all the caring, hard-working staff for everything they did for our brother Jim.

THE O'NEILL FAMILY
 Chessington

Big boy bias

THE heading "Small firms' big part in EU" intrigued me (Your letters, March 11) and so I read the letter which pointed to the difference between big business and small businesses, and yet did not point up the real difference between big and small businesses.

Specifically, state bureaucracy is a heavy burden upon small businesses, if only because big businesses can pay for full-time employees whose only task is to wade through endless red tape.

In fact, state bureaucracies tend to favour big businesses, if only because big businesses pay more for less effort, as when state bureaucracies have to deal with small businesses this is like trying to milk a goat – maximum effort for minimal payment.

Similarly, state bureaucracies tend to favour big businesses in the political sense, because big businesses can afford big



Bevil Templeton-Smith sent in this long exposure sunset shot of Bushy Park. To see your photo in Borough View email it, along with details of where you took it, to rachael.burford@london.newsquest.co.uk.

Install speed cameras

I AM fortunate in being able to live close to Richmond Park. I doubt if there is another amenity anywhere in the country that comes close to matching what the park has to offer.

Many comment on the cyclists that exceed the 20mph speed limit. I do not, as I think it safer that they train in the park rather than on the open road.

The thing that really makes me annoyed are motorists that

are not in the park to enjoy what it has to offer, but to use it as a shortcut while simply ignoring the 20mph limit signs.

Why is it that in the majority of cases the speedsters are 4x4 drivers? Do they believe they are entitled to exceed the limit and to ignore other park users?

How many times have I had vehicles close in on my bumper in the hope that it will encourage me to go faster? When this tactic fails, they are

not averse to overtaking and, if they do so, while I am observing the limit, at what speed will they drive to get in front?

I bet they don't speed in areas where they see cameras. The answer is to install average speed cameras on all entry and exit points. Impose a £100 fine to whoever chooses to ignore the limit. I bet it wouldn't take long to recoup the cost.

NAME AND ADDRESS SUPPLIED

company lobbyists – more pay for less effort – and small businesses are trampled in the stampede for political and economic favours.

And then there is the triple whammy of the EU megastate bureaucracy: big businesses can afford full-time lobbyists, full-time translators, and full-time lawyers in Brussels and Strasbourg.

FRANK SNELLING
 Maddison Close, Teddington

Firms to go

I READ your article on Eden Walk with interest (*Surrey Com-*

et, page 9, March 11).

At present there are hundreds of employees and numerous small and large businesses on the site.

Nowhere is there a mention of what will happen to them during and after the redevelopment.

Part of the problem is due to office space having been converted to residential use under permitted development rights.

The cost of office space has risen inexorably.

The development should be delayed until further office accommodation has been built in Kingston, otherwise businesses, once forced out, may not return.

Another issue relates to parking capacity.

It is proposed to reduce the present car park by two storeys. The car park is often full during school holidays and especially Christmas.

The proposal includes more shops and restaurants, but fails to provide parking for the greater number of customers that will be drawn to the powerhouse development.

I run a small business based in Neville House and we will have to move out of Kingston, as there is no suitable office space available, and probably won't return.

I'm sure other companies are similarly affected.

NAME AND ADDRESS SUPPLIED

New danger of a racket in the Djokovic household

Editor Andrew Parkes has a number of thoughts every week, here are just five of them

5 THOUGHTS OF THE WEEK...

1. I don't know about tennis balls, but judging by recent comments Novak Djokovic must be fitted with the steel variety.

Following up Raymond Moore's comment: "If I was a lady player, I'd go down every night on my knees and thank God Roger Federer and Rafa Nadal were born," Novak weighed into the equal pay row by generously accepting women's bodies are different and admiring them because they "face hormones and different stuff". Could be an interesting few days in the Djokovic household.

2. On the subject of women, while doing my weekend chores I was reminded of my

mess in the street is the fact councils have installed dog poo bins, for which they should be applauded. However, having put them in place, unfortunately they do seem to need to be reminded they need to be emptied at least once in a while.

4. What changes do our bodies go through that mean we are no longer able to drink alcohol as we once did? I've always thought drinking alcohol is a talent we are all born with, but if you don't keep practicing there's a real danger you'll lose the ability. I've done my best over the



years, but I think 50 may be something of a cut-off point. I certainly can't handle the same quantity or the same mixture.

5. Finally, I would like to thank all those kind people who have sent me words of sympathy about my knees, particularly Simon Cowley. And for the responses on butterflies, though it's sad to hear the decline for some species appears terminal.

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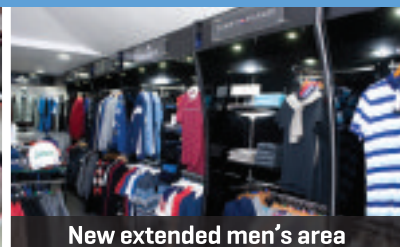
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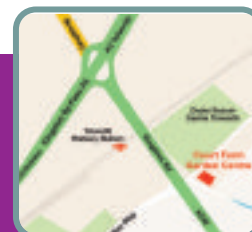
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Plus desserts available on the day!

Our menu is seasonal so may differ from Sunday to Sunday.

**Sunday lunch is not available 10th April due to our Wedding Fair.*

Easterpuzzles

100pts

Golden Egg

50pts

Silver Egg

25pts

Bronze Egg

The Golden Easter Egg Hunt

Getting Warmer

20pts

Egg

20pts

Egg

20pts

Egg

15pts

Egg

15pts

Egg

15pts

Egg

10pts

Egg

10pts

Egg

10pts

Egg

10pts

Egg

Start

This Way

Getting Closer

Getting Colder

This way

Even Closer

This way

Game instructions

Cut out the pieces and glue to some cardboard such as a used Easter egg box, hide the eggs in various locations around the house, using the sign posts to give the players clues to their locations. The game ends once the golden egg has been located. The player with the most points wins the game.

Find 5 differences

Find the correct shadow

Maze

DIY tasks for Easter

AS WE quickly moved through the alphabet with the good folk from the Met Office naming storm after winter storm, Easter could well be the first time that we can take a good look at our poor gale-battered homes and start thinking about undertaking some much needed maintenance.



Clear your gutters
Wind, ice and snow are the key factors behind a gutter cracking and pipes freezing or bursting. These problems can be avoided by getting on your ladder and clearing your gutters of debris which will allow any ice or melting snow to flow free. However, if you paid no attention to your gutters or pipes during the winter, it's likely that the damage has already been done. In this case you can patch up any holes that have developed with roof cement or strong metal coverings, saving you money on expensive repairs.

Fill pavement cracks
Freezing weather conditions can be very problematic for the state of your driveway and any pavement surrounding your home. Once a crack has developed, it can continue to expand if the weather conditions don't improve so it's important to fill the crack once you become aware of the damage with a pourable crack filler. Before you fill in the cracks, remember to clean out any debris with a long and narrow tool such as a screwdriver.

Repair or replace roof flashing
Applying roof flashing is a DIY task that you must do before winter. By doing this you're giving your roof the extra protection it needs to stay in prime condition as the weather becomes more hazardous. If you don't apply roof flashing then it leaves your roof prone to leaking, which can lead to damage to the interior of your home. Once winter is over, you may decide to keep it, especially as we are living in the UK where the weather is extremely unpredictable. Your job in spring will be to replace and repair roof flashing as they will begin to wear over the winter.

Seal water-stained ceilings
If your home suffered from a roof leak this winter, then it's highly likely that a brown or yellow stain has been left around the crack in the ceiling. Most homeowners would think that a quick paint job is the perfect solution, but they would be wrong. Instead, it's best to use a stain sealer on the mark before eventually repainting the ceiling, as this will mean that it won't show through. If you don't act quickly then it's more than likely that you will have to perform a seal and paint job to the entire ceiling, as the stain will continue to expand.

Repair rotted woodwork
Bad weather can not only affect outdoor wooden fixtures, but indoor ones too. Wooden window sills in particular can take an absolute battering from wind, rain or snow and can begin to crack or rot. To deal with cracked wood surfaces you can fill in the holes, but for rotted surfaces you will have to apply a liquid epoxy "consolidant" a few times before using a batch of it to mold the repairs. After using this "consolidant" to shape the repairs, one last paint job is needed for the surface to regain its prime condition.

Clear debris from your garden
Gardens are usually the biggest casualty of the winter season. As spring approaches you will notice that your lawn is covered with stones, leaves, broken branches and other nuisances. Your first job will be to remove all debris from your garden if you ever want it to look presentable again.

Replace missing roof tiles
Depending on the severity of the weather, there's a possibility that you're going to



lose a few roof tiles. You will be aware if a tile or two are missing as your home is going to suffer from water damage if there is no waterproof under-felt protecting your ceiling. Refusing to replace missing tiles is only going to make interior damage a more frequent occurrence. Replacement tiles are available at many tile specialist outlets.

Clean patios and garden furniture
A high pressure water jet or a garden brush and water will do the trick. Use an anti-moss treatment that will prevent regrowth of lichen, algae and fungus and you are ready to eat al fresco.

RegROUT bathroom tiles
Chances are you've not had the bathroom window open in a while, encouraging bathroom mould to thrive in the hot humid atmosphere. A mixture of bleach, backing power applied with an old toothbrush, is a popular method for getting rid of black bathroom mould. While you are focusing on the bathroom you may want to clean limescale from taps and shower-heads, fixing leaking shower trays with filler and replacing washers on dripping taps.

Advertisement Feature

How to “Un-Trap” a Trapped Nerve



Your nerve system is involved in everything your body does, from regulating your breathing to controlling your muscles and sensing heat and cold. Because your nerve system is so critical for your health, when a nerve gets trapped you may experience excruciating pain and/or some very strange symptoms...

- There are three types of nerves in the body:
- 1. Autonomic nerves.** These nerves control the involuntary or partially voluntary activities of your body, including heart rate, blood pressure, digestion, and temperature regulation.
 - 2. Motor nerves.** These nerves control your movements and actions by passing information from your brain and spinal cord to your muscles.
 - 3. Sensory nerves.** These nerves relay information from your skin and muscles back to your spinal cord and brain. The information is then processed to let you feel pain and other sensations.

Because nerves are essential to all you do, trapped nerves can seriously affect your quality of life.

What Are the Symptoms of a Trapped Nerve?

When a nerve is trapped there can be a wide array of symptoms. Which ones you may have depends on the location and type of nerves that are affected. Damage can occur to nerves in your brain and spinal cord. It can also occur in the peripheral nerves, which are located throughout the rest of your body.

Trapped autonomic nerves may produce the following symptoms:

- Too much sweating or too little sweating
- Lightheadedness
- Dry eyes and mouth
- Constipation
- Bladder dysfunction
- Sexual dysfunction

Trapped motor nerves may produce the following symptoms:

- Weakness
- Muscle atrophy
- Twitching, also known as fasciculation
- Paralysis

Trapped sensory nerve damage may produce the following symptoms:

- Pain
- Sensitivity
- Numbness
- Tingling or prickling
- Burning
- Problems with positional awareness

In some instances, people can have symptoms that indicate that two, or even three, different types of nerves are trapped. For instance, you might experience weakness and burning of your legs at the same time. To further complicate matters we don't all develop the same way and different un-expected nerves can cause similar problems. This has made it

very difficult to diagnose disorders caused by trapped nerves based on which nerve “should” cause what.

That is, until now...

Precise diagnosis leads to better results... results which have been published in major medical journals. With data published in 2014 showing success rates as high as 90% some back surgeons are recommending their patients try this treatment first before having back surgery (for trapped nerves that leads to back pain and sciatica).

In Surrey, you can get your body examined for trapped nerves at your local Halsä Clinic.

You are invited for a comprehensive consultation and examination to pinpoint the cause of your trapped nerve.

All you have to do to receive a thorough diagnostic examination and a comprehensive easy to understand report on your state of health is call your local Halsä clinic.

Mention this article (CODE: HALSA2) and they will happily reduce their usual consultation fee of £110 to just £30. But hurry, for obvious reasons - this is a time limited offer - with only 100 reader consultations available at this exclusively discounted rate.

Don't suffer a moment longer...

Find out what is causing your trapped nerve, book a consultation now by calling your local clinic, they are waiting to take your call today.

Over the years, they've treated thousands of patients with trapped nerves. The vast majority of them have enjoyed superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

Call them now and get a full and thorough examination to pinpoint the cause of your problem for just £30, the normal cost of such an exam is £110 so you will save £80!

Call them now and cut out this article and take it to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem - and you'll be on your way to safe, lasting relief! Don't delay your important diagnosis and treatment another moment!

You can even call on the weekend and leave a message on their answer machine to secure your spot as they promise to return all calls; and during the week they are very busy, so if they don't pick up straight away do leave a message. So call your local Halsä clinic and quote this special discount code: HALSA2.

For obvious reasons they can't help everyone at this reduced price, so please call soon to secure your special opportunity.

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Surbiton - 0203 457 5266

New Malden - 0208 102 0483

Godalming - 01483 419538

Business Hours

Mon - Fri: 8am - 8pm

Sat: 8am - 2pm

Sun: Closed

Make your own Easter egg

EARLY Christians adapted many pagan customs and the egg, as a symbol of new life, came to represent the Resurrection. Some Christians regarded the egg as a symbol for the stone being rolled from the entrance of the cave where the body of Jesus was entombed after his death on the cross. The earliest Easter eggs were hen or duck eggs decorated at home in bright colours with vegetable dye and charcoal. John Cadbury made his first "French eating Chocolate" in 1842 but it was not until 1875 that the first Cadbury Easter Eggs were made.

Cream-filled eggs first appeared back in 1923. The Cadbury Creme Egg we know and love today was launched in 1971. Making your own Easter eggs is great fun and quite easy too. First buy some egg moulds. Prices vary according to size, which start at a mini egg size, and are available from craft and hobby shops, as well as major supermarkets in the run up to Easter. Easter Bunny moulds are also avail-

able if you fancy creating something a little bit different. You can either make one large egg or a number of mini eggs in one go.

Now on to the fun bit

This recipe will make one egg approximately 14cm in height

Ingredients

- 200g chocolate (2 x 100g bars). The choice of chocolate, milk or dark, is up to individual taste
- 2 tsp olive oil

Method

Break off one square from each bar and set aside for use later. You will use these to "glue" together the two halves of the egg. Use one bar of chocolate per half of egg. Take one of the chocolate bars, break into pieces and place in a heat-proof bowl suspended over a pan of boiling water. As the chocolate starts to melt, stir in 1tsp of olive oil. Just before the chocolate has completely melted, turn off the heat. Using a teaspoon, place half of the mixture into one of the moulds. Spread the chocolate out evenly making sure all of the mould is covered. Repeat the process with the other half of the chocolate and the second mould. Place both moulds in the fridge for at least an hour to let the chocolate completely harden. Once set, remove from the fridge and hold the mould in your hand for a couple of seconds to warm it up slightly – this should enable you to remove the egg from the mould without breaking it but be careful, because you don't want to break the chocolate shell. To set the two halves together, take the two squares of chocolate that you set aside and melt them. Hold the two halves together and using a pastry brush carefully apply the melted chocolate to the join and allow to cool.



Simnel moment

IN TRUTH, the origins of the simnel cake and it's association with Easter are lost in the mists of time. Several theories have been put forward. One is the cake's name is derived from the Latin word "simila" meaning fine, and is a reference to the white flour used in the mix. A more implausible suggestion is that the name

came from a brother, Simon, and sister, Nell, wishing to make a cake for their mother. One wanted to bake a cake, the other to make a boiled cake. They both boiled and baked the cake and used the first three letters of their names to name the cake!

The Simnel cake's association with Easter is largely based on the cake being decorated with 11 small balls of marzipan, to represent the 11 apostles. Judas being the one to lose out. Regardless of the name, if you like fruit cake then you will like Simnel cake. Happy baking.



Ingredients

- For the almond paste
- 250g/9oz caster sugar
 - 250g/9oz ground almonds
 - 2 free-range eggs, beaten
 - 1 tsp almond essence
- For the cake
- 175g/6oz butter or margarine
 - 175g/6oz soft brown sugar
 - 3 free-range eggs, beaten
 - 175g/6oz plain flour
 - Pinch salt
 - ½ tsp ground mixed spice
 - 350g/12oz mixed raisins, currants and sultanas
 - 55g/2oz chopped mixed peel
 - ½ lemon, grated zest only
 - 1-2 tbsp apricot jam
 - 1 free-range egg, beaten for glazing

Method

1. For the almond paste, place the sugar and ground almonds in a bowl. Add enough beaten egg and mix to a fairly soft consistency.
2. Add the almond essence and knead for one minute until the paste is smooth and pliable.
3. Roll out a third of the almond paste to make a circle 18cm/7in in diameter and reserve the remainder for the cake topping.
4. Preheat oven to 140C/275F/Gas 1. Grease and line a 18cm/7in cake tin.

5. For the cake, cream the butter and sugar together until pale and fluffy. Gradually beat in the eggs until well incorporated and then sift in the flour, salt and mixed spice (if using) a little at a time. Finally, add the mixed dried fruit, peel and grated lemon zest and stir into the mixture.
6. Put half the mixture into a greased and lined 18cm/7in cake tin. Smooth the top and cover with the circle of almond paste. Add the rest of the cake mixture and smooth the top leaving a slight dip in the centre to allow for the cake to rise. Bake in the preheated oven for 1¼ hours. Test by inserting a skewer in the middle – if it comes out clean, it is ready. Once baked, remove from the oven and set aside to cool on a wire rack.
7. Brush the top of the cooled cake with the apricot jam. Divide the remainder of the almond paste in half; roll out a circle to cover the top of the cake with one half and form 11 small balls with the other half.
8. Place the circle of paste on the jam glaze and set the balls round the edge. Brush the cake topping with a little beaten egg.
9. Preheat the grill to high. Place the cake onto a baking tray and grill for 1-2 minutes, or until the top of the marzipan begins to brown. Alternatively, lightly heat the cake topping using a cook's blow torch, until the marzipan is golden-brown.



Have a safe journey this Easter



WITH Easter falling early this year there's a good chance that you may encounter winter-like driving conditions. And if you are planning on driving a bit further than you normally would, after having endured months of weather which has alternated between wet and windy and freezing, now could be a good time to undertake some routine car maintenance in time for the Easter break.

Get clean

With all the muck and spray which has been thrown up on the roads over the last few months, your car could well do with a wash and a polish. Don't ignore the interior either and get the inside Hoovered and the windows cleaned.

Now that your windows are sparkling, check out the windscreen wiper. They have probably been working overtime this winter, contending with torrential rain and surface water spray being thrown up. Look for signs of wear and tear and replace if necessary. And don't forget the rear window wiper, either.

Check the battery

Chances are the bulk of your driving has been done in the dark, and no doubt you have had your headlights on when it has

been raining heavily. Then there's keeping warm, too. All in all your battery has taken a bit of a hammering so before you set off on any long journey, which could then result in the car standing idle for a few days after reaching your destination, get your battery checked.

Radiators

Anti-freeze is used to prevent your engine and radiators from freezing in the winter. You should regularly make sure that your vehicle's anti-freeze levels are between the maximum and minimum. This will help avoid potential damage to the engine or radiators which will be much more expensive to fix than the couple of pounds it would cost to buy anti-freeze.

However, bear in mind that most car manufacturers fill modern vehicles with longer lasting anti-freeze which should not be mixed with traditional solutions. If you are unsure about what fluid to put into your vehicle, it is recommended that you consult your local dealership or a qualified mechanic.

Oil levels

Oil levels are another thing which you should keep an eye on with weekly checks. Low oil levels can cause significant damage to your engine as oil is basically the blood flow which passes through your car's system.

Oil levels can be checked with the use of a dipstick which has two marks indicating both a maximum and minimum level. Make sure that your oil levels are between these two points at all times.

Tyre tread

Your tyres are the only part of the car which are in contact with the road. The quality of tyres therefore has a big impact on the drivability of vehicles; something which becomes increasingly important as the condition of roads deteriorates.

Although the minimum tread depth on tyres required by law is 1.6mm, the AA recommends that motorists have no less than 2mm and preferably 3mm for winter driving. The tread is what disperses loose water and snow from the roads so that you do not aquaplane. A deep tread of 3mm will therefore disperse much more water than one of 1.6mm and make it less likely that you will lose control of

your vehicle.

Tyre pressures

Tyre pressures are also important. It is recommended that you check these at least once a week during the winter, ensuring that they reach the manufacturers recommended levels. You will be able to find these in your vehicle handbook or on a sticker on the inside of the driver's door.



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Don't put up with a bad night's sleep

national bed month

THIS month is national Bed Month and is the ideal time to get it right between the sheets claim the Sleep Council. And, obvious though it might be, the best place to start when working towards a better night's sleep is your bed. Said Lisa Artis of The Sleep Council: "It's about reassessing your sleep quality and comfort levels and our simple bed MOT (Mattress Obsolescence Test) can help to determine if your bed has had its day – and night! It's a two-minute test that should be done every year after the first three to five years; and every six months after that. "If you answer 'Yes' to three questions, you're not getting the best possible night's sleep. Five or more 'Yes' answers and it's time to buy a new bed." • Is the mattress seven years old or more? • Would it be embarrassing if neighbours saw it without its covers? • Does it make suspicious noises in the night? • Did you have your best recent night's sleep in a bed other than yours? • Are you waking up more frequently unrefreshed and aching? • Do you and your partner roll towards each unintentionally in the middle of the night? • Do you have enough space to sleep comfortably? • Is it sagging?

- Does it feel lumpy in the night?
- Is the bed too small to give an undisturbed night's sleep?
- Is the duvet or base uneven or sagging?
- Are the legs and castors worn out?

Said Lisa: "Research shows buying a new bed can lead to a real improvement in sleep – up to an hour extra – and if you sleep better you feel much better. Remember to buy as big as you can, spend as much as you can afford and look out for the National Bed Federation's Approved big tick logo to ensure you're buying a product that is safe, clean and honest. "The right bed is extremely important to health and wellbeing because our sleeping environment will affect the quality of our sleep – which in turn has a big effect on how well we feel, both physically and psychologically. A bed with the correct support, comfort and space will ensure you wake less, more

about less, are less disturbed by your partner and are less likely to wake up feeling tired or aching." Ideally try before you buy, as comfort and support are very individual assessments. Take your time, spending at least 10 minutes lying down in your natural sleeping position – together if the bed's for two – it needs to be right for both of you. Said Lisa: "Too often, people rush the bed buying experience – some spend less than two minutes trying them out! It's a huge investment and time needs to be taken to choose the right bed." Two free leaflets from The Sleep Council – the Bed Buyer's Guide and the Good-Night Guide – provide more information on how to improve the quality of your sleep and the different types of beds available. Call freephone 0800 018 7923 or visit the web site at www.sleepcouncil.org.uk



bed base

ONCE you've decided on a mattress, now's the time to think about a base.

divans

Very popular and either have springs for increase comfort or a solid top which provides firmer support. If you need extra storage look out for ones that have two or four drawer options.

bedsteads

Come in a variety of styles and are often chosen for their aesthetic appeal. Mattress support will be given through either fixed or sprung slats – the latter gives a more cushioned support.

adjustable bases

Offer many benefits whether it's for a personal or health benefit. Mattresses are made especially for these so make sure you buy them together.

bunk beds

Bunk beds: These are a popular option for parents and children. They are fun, practical and space saving.

headboards

Headboards: These are an optional extra to give you more choice but often co-ordinate with a divan base.

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ZOOTROPOLIS



THIS WEEK'S REASONS TO GO OUT

FAMILY The Wizard of Oz at Fairfield Halls, Croydon, on Wednesday (March 30) and Thursday (March 31). It's the story you know well, but with one big twist – it stars

Sooty, Sweep, Soo and Richard Cadell from CITV's The Sooty Show. Tickets cost £19.50 or £17.50 concessions. Go to Fairfield.co.uk

COMEDY Iain Stirling – Touchy Feely at The Cryer, Carshalton, on Friday. Two-time Bafta nominated comedian Iain Stirling – whose TV work includes Love Island, Drunk History and the Now Show – brings his sell-out Edinburgh show

to south London. Tickets cost £10. Go to suttontheatres.co.uk

FILM Zootropolis (3D) (PG), out Friday. Jason Bateman, Idris Elba, Ginnifer Goodwin and JK Simmons are among the voice artists in Disney's latest animation which sees a cop rabbit and a con artist fox team up to crack a conspiracy.

FAMILY Snow White at Polka Theatre, Wimbledon, until April 10. Packed with songs and music, this fast-paced adaptation of

the classic fairytale is perfect for four to eight year olds. Tickets cost £13.50 for adults and children or £10 concessions. Go to polkatheatre.com

MUSIC The Sharpees at The Half Moon, Putney, on Thursday (March 31). North Kent band The Sharpees bring their mix of blues and rock – inspired by the likes of Dr Feelgood, Tom Petty, Paul Rodgers and the Rolling Stones – to Putney. Tickets cost £10 in advance or £12 on the door. Go to musicglue.com for more information.

What's on

Legendary guitarist and producer Nile Rodgers talks to JIM PALMER about his late friend, David Bowie, and this year's Fold Festival which comes to London in June.

CROWD PLEASER

As a songwriter, guitarist and producer Nile Rodgers helped shape nearly 40 years (and still going) of music history, so when he says David Bowie changed the direction of his life it is a big statement.

Whether or not you think you know Rodgers' many hits, rest assured you do.

The 63-year-old has worked with more of music's biggest names than it is even possible to list, from Chic's Le Freak to Sugarhill Gang's Rapper's Delight, Madonna's Like a Virgin, Duran Duran's The Reflex, Get Lucky with Pharrell and Daft Punk, Sister Sledge's We Are Family and on and on.

It was Rodgers that produced Briton-born, Bromley-raised Bowie's biggest selling album Let's Dance.

Rodgers considered Bowie a good friend and was 'heartbroken' when he heard about his death this year.

He told us: "I knew he had health problems but I didn't know the extent of it. David had become a New Yorker so he was really close by me."

"Look at all the people that worked on his records, they were all

my friends. A lot of them were people I introduced to him.

"Tony Visconti (who worked with Bowie from 1969 right up to this year's final album, Blackstar) used to be my next door neighbour."

Disco legend Rodgers said it was doubly shocking because he had recently come through a five year battle with cancer himself.

Though he is careful to never give advice, he said his friends looked to him as a kind of 'cancer guru'.

"On some level, I do feel like I have been a comforting blanket to some of my friends in the music business suffering with cancer."

"You always feel like 'man, maybe that one phone call...'

"I'm smart enough to know that him talking to me wouldn't have made any difference but there is a moment of guilt, especially with someone that you are so close to that they really changed your life."

"My life was one way before I met Bowie and another way after."

"That's huge. I have had mega success in my business since I was 19-years-old, so to have a life before

Bowie and a life after Bowie – even though I had already done Diana Ross and would go on to do Madonna, the B52s, Duran Duran and Peter Gabriel – still Bowie was that line."

"That was the line that came from 'disco sucks' to 'the guy who made David Bowie and INXS and Madonna'. Now I had become a viable rock and roll producer."

Rodgers has a history of working with British artists, so it seemed like a natural choice to bring his latest venture to these shores.

Fold Festival started life at the Montreaux Jazz Festival in 2012 and this year transfers to London at Fulham Palace from June 24 to 26.

Rodgers said: "It was a bit of an accidental brainchild. It started in Montreaux, Switzerland, when they wanted to honour me."

"I hate being honoured. You honour people when it is the end of their careers. I said let me honour the music that got me to the point where you want to honour me. I did 11 hours of continuous music."

Among the performers at the inaugural Fold Festival were Mark

Ronson, Felix da House Cat, Grace Jones, Alison Moyet, Johnny Marr and Chic. And in Rodgers' own words, they 'smoked it'.

This year, Rodgers is bringing a cast which includes Beck again, Alison Moyet, Labrinth, John Newman and Angie Stone.

Being in the middle of London, the show will not go on for 11 hours, but is instead spread over three nights.

Rodgers said: "I know I am in a residential area. I want to try to bring something to the people that they think is cool but at a certain hour, it's like 'ok, most people don't want a rock festival going on'."

He added: "I have noticed that in London some of my best shows have taken place right in the middle of town – at Hyde Park, I've been there at least four times and it has always been awesome. Huge crowds, they have a good time, and people get to go home and sleep in their nice warm beds."

Nile Rodgers' Fold Festival is at Fulham Palace from June 24 to 26. Go to foldfestival.com for further information.





JACKIEJOY

It was the magazine that was a must-read for teenage girls in the 1960s, 70s and 80s and now Jackie is hitting the stage.

Former editor Nina Myskow is Editor-in-Chief and consultant for the new show which revisits the days before mobile phones, e-mails and apps when angst-ridden teenagers waited by the letterbox for their weekly magazine.

It tells the story of a fifty-something divorcee who revisits her stash of well-thumbed Jackie magazines for the same reason she first read them nearly forty years ago: advice on how best to navigate the opposite sex.

Full of hits from the likes of Donny Osmond, David Cassidy, Rod Stewart and Marc Bolan, Jackie the Musical comes to New Wimbledon Theatre from June 7 to 11.

Visit jackiethemusical.com for further information.



ROD STEWART

LATIN PASSION



A Spanish school in Wandsworth is spreading Latin culture beyond language lessons with film nights, music and dance and, soon, cookery tuition.

Battersea Spanish opened near Clapham Junction three years ago with just four students and has grown to over 500.

But since winning the Latin UK Award for Best Spanish School in 2013, founder Sara Caba has been inspired to broaden its reach.

She said: "I had a dream of creating a vibrant and fresh place where only good things related to such a lively part of the world would happen. I wanted language, food, travel, dance, film, culture."

As well as language courses for adults and children, Battersea Spanish now runs monthly film nights at The Bedford in Balham on the first Sunday of every month, which are attended by more than 100 people.



On April 3, the film is Woody Allen's Vicky Cristina Barcelona while on May 1 it is the award-winning Venezuelan movie Pelo Malo.

There are Dance and Live Music events at Battersea Barge – teaching Salsa, Flamenco and Tango – three Thursdays a month and courses of dance lessons at the Royal Academy of Dance and Katherine Low Settlement beginning again in April and May.

With more than 200,000 Spanish and Latin American people in

London – and lots more interested in the culture – the events have been well received.

Now Sara is planning to expand further, with Spanish and Latin Cooking Classes launching in the Autumn and a Creative Spanish School for kids.

Sara said: "People come to one event, one course, and then more, and they bring their friends, which is creating a great pollinisation around Spanish in the area."

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Disney's latest animated adventure Zootropolis is the perfect movie for the Easter weekend, writes **Mark Foker**.

The film follows the exploits of a loveable little bunny called Judy Hopps (Ginnifer Goodwin) who, as a young kit or kitten dreamed of joining the police force to fight crime and injustice in the city of Zootropolis.

Unfortunately her parents are terrified to think that their little girl wants to make a living in such a dangerous vocation and would rather she followed the family tradition of being a carrot farmer.

Judy gets accepted into Police Training College and we are invited to watch the statutory movie montage of the young cadet making it through training and all the way to being the first bunny to complete the course.

It's not long before Judy is on her way to join the Zootropolis police force but the Police Chief Bogo (Idris Elba) puts her on traffic duty as a warden. Judy doesn't take being overlooked lightly and ends up in charge of a case involving 14 missing animals but with only 48 hours to get a result.

With no assistance she teams up with a slightly shifty but well-meaning fox called Nick Wilde (Jason Bateman) who has been walking the line on the wrong side of the law all his life. The rest of the story is really 'Can this odd couple solve the mystery?'

It has something for everybody. Kids will love the characters and there's enough adult in-jokes to

REVIEW: ZOOTROPOLIS (PG)



keep grown-ups entertained. Not only is there a Godfather parody but Disney have somehow managed to shoehorn in a brilliant Breaking Bad reference including a couple of Ram's called Walter and Jessie. Kudos Disney.

The film does put across a few messages covering race and

stereotypes but done in an almost subliminal way that isn't too obvious. In fact it's so cleverly done that you feel yourself making a wry smile. Look out for the rules of using the 'cute' word.

Zootropolis is already set to overtake that phenomenon that was Frozen. Yet again, this is

Disney at their very best. The animation is brilliant, as is the colour and scenery. Also the writing is top-notch and this is a company who really knows their audience. It is 100 per cent pure entertainment.

Zootropolis (PG), out Friday.



TASTYCHANGES

Take a peek at the fresh new look of celebrity chef Gordon Ramsey's restaurant in Battersea.

To celebrate its second birthday, London House in Battersea Square has been spruced up. It also boasts a new 'accessible' informal all-day menu made with local produce served alongside craft beers and a long wine list.

Ramsey has a long association with south west London.

The Ramsey's Kitchen Nightmares chef first came to London in

the early 1980s and learnt his trade under Marco Pierre White at Harvey's in Wandsworth.

These days he has 14 restaurants in London, employing more than 700 people.



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gordonramsayrestaurants.com

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Buying a home is one of the most exciting and self-affirming life experiences but it can also be one of the most stressful. To help you avoid making common mistakes, here is a list of pitfalls many first-time buyers continue to fall into...

AVOID MISTAKES

1) Becoming financially stranded before you begin: Familiarise yourself with potential hidden costs and factor them into your budget. Your deposit is just the start, think about mortgage arrangement and valuation fees, removal and storage costs, legal fees, Stamp Duty, home insurance and surveyor fees.

Always have a contingency fund. Planning ahead eliminates nasty surprises. Also, be careful not to borrow too much by chasing your dream home. Committing to just an additional £150 a month is a long-term decision that will affect your lifestyle. Don't run before you can walk and only borrow what you can truly afford.

2) Being too 'green' and not doing your research: Arm yourself with facts. This will make the process

easier, especially when it comes to negotiation, which you should not be afraid of.

Unrealistic expectations are frequently dangerous to first time buyers: there's always flexibility but don't expect a mansion on a small budget... and if you find one, be very dubious!

Research your preferred area for price trends and its ambience at different times of the day. The quiet, leafy side-street could also be the bustling main walkway to the nearby football stadium on a weekend.

3) Failing to conduct structural surveys: The period features you so dearly love come with age, which means that the house around it will have aged too. Period properties require specific – and often constant –

maintenance to remain beautiful and safe.

Know exactly what you're getting yourself into and get the most extensive structural survey you can afford. In the long run, it is so often a false economy to skip a survey.

4) Letting your heart rule your head: It will be your home for a long time but it will be an investment for longer. We don't know what the future holds but we do know things change. Don't let your emotions take over when buying a home and don't pay over the odds for your dream home, it could be dead money.

An expanding family or relocation could mean you need to sell up in years to come. And if you do, you want to be confident in your initial decision. Know your



potential resale value – check with your local council for planned transformation schemes that could add value to the area or indeed risk reducing the value.

5) Relying too heavily on the internet: Never underestimate the power of face-to-face interaction. Pop into your local estate agents'

offices for advice on valuations. Also, visit your bank or a mortgage adviser to see which deals you're eligible for when buying a home. Their knowledge is invaluable to first time buyers and they are likely to suggest financial products that failed to display across online generators.

That said, the internet can be an invaluable search tool. Most websites and property portals such as OnTheMarket.com allow you to register for property updates.

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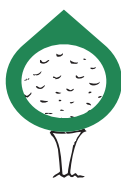
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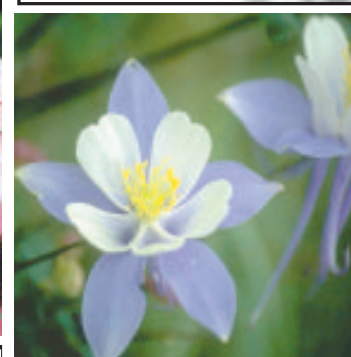
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Dowson's coming home... to win

FORMER Kingstonian boss Alan Dowson returns to Kingsmeadow on Saturday with his Ryman Premier Division leaders Hampton & Richmond Borough.

However, there will be no time for friendly banter as Dowson, pictured, is concentrating on the football.

Dowson, who spent seven years

with Ks, said: "I've always been well received there, but this is a big game in terms of the league, not because I spent so long there."

"I will be thinking about nothing more than trying to win for the points and for the fans."

For the full preview, go to kingstonguardian.co.uk/sport.



Taking part: Joshua Coote, 14, was part of the Kingston team that finished third in the Panathlon plate competition

Kingston team are all heroes

THE Kingston team may not have qualified for the Panathlon Challenge London finals, but teacher Barry New says they have a lot to be proud of, writes Tim Ashton.

The regional final of the Panathlon – a mini paralympics for disabled schoolchildren – saw almost 150 children from 18 schools and eight boroughs compete in events including football, swimming and boccia.

Kingston finished third in the plate competition behind Sutton and Ealing where the taking part is more important than the result.

The head teacher at Bedelsford School, one of three that made up the Kingston team, said: "Panathlon challenge days are great for our kids."

"The students have an opportunity to work with other schools, socialise, develop friendships, but also take part in quality competition."

"A lot of the competition routes our children have access to aren't always inclusive, so it is amazing that through Panathlon our students can develop teamwork, represent the borough, take away some medals and be proud of what they have accomplished."

"A brilliant day for all involved and we can't wait for the next one."

In London, more than 2,000 disabled youngsters will be involved in Panathlon events this year.

UNSTOPPABLE: Surbiton hockey skipper hails unbeaten table-toppers

Mixing fun with focus

REPORTER
TIM ASHTON

tim.ashton@london.newsquest.co.uk



SURBITON hockey club ladies skipper Sarah Haycroft reckons a mixture of fun and focus is the secret behind a second successive season as unbeaten table toppers.

Last weekend's 2-0 win over Leicester, where Haycroft was joined on the scoresheet by Robyn Collins, brought the curtain down on the first part of the WHL Premier Division season.

Surbiton were already certain of finishing top, but the win means they are now unbeaten in 47 league games.

They now face a month-long wait to defend their Premier Division title at finals weekend, which will pit them against Holcombe in the semi-final with either Canterbury or Birmingham awaiting the winners.

Haycroft said: "A few years ago, at our first trip to the play-offs, we were all very light-hearted in the warm up, chatting and giggling, and it was very different to how our opponents approached the game – but that is just how we are as a team."

"It does not mean we are not focussed – everyone knows why we are there."

"It's a hard balance, but something that Brett Garrard [coach] gets spot on is knowing that all the girls take it so seriously and want to win the league and go to Europe, but at the same time it is a hobby that people can have fun with, it can be a relief from jobs."

She added: "I lived with two of the girls at university, so we have been best friends for years. Even those I know through just playing at Surbiton, we all get on so well. There is a great sense of camaraderie, it is so much fun."

"There is a great spirit and vibe in the squad – everyone loves playing for Surbiton, and we want to take that into every game and when you win you want more of it."

It is not just the relaxed atmosphere that has brought unprecedented success, and Surbiton have had to cope with international call-ups during the season just as much as their rivals.

However, unlike their rivals, the Sugden Avenue outfit have plenty in reserve.

"Throughout both of the seasons we've had players missing, but the girls who have stepped in show just what strength in depth we have," she said.

"They could easily play for any team in the division and



Pointing the way forward: Surbiton hockey club ladies skipper Sarah Haycroft

be very successful."

The finals weekend takes

place on April 16 and 17 at the Lee Valley Hockey Centre.

Okojie's triple gets Casuals back on play-offs track



Triple whammy: Shaun Okojie on his way to getting a hat-trick against Whitstable Town

Picture: Paul Downs

SHAUN Okojie banged home a hat-trick on Saturday as Corinthian Casuals got their Ryman Division One South play-off hopes back on track, writes Stuart Tree.

Having dropped points

against Folkestone Invicta and Hastings United, Casuals took their frustration out on all-but relegated Whitstable Town running out 4-2 winners.

With striker Kevant Ser-

bony having departed for play-off rivals Hastings United, Okojie and Jamie Byatt started together for the first time and the former certainly made the most of the new partnership.

James Cottee was also on target for Casuals, who go to Peacehaven & Telscombe this weekend.

For the full report go to kingstonguardian.co.uk/sport.

SPORTSbrief



PARKRUN: Jonathan Cornish, above, of Hercules Wimbledon clocked a personal best of 15 minutes 40 seconds to take the tape at the Bushy Park meeting on Saturday morning. Bringing the women's field home was Michelle Dillon, who clocked 17:59. Roy Reeder of Stragglers was fastest at Hatfield Forest, coming home in 18:30.

FOOTBALL: Kingstonian will be holding trials for a new U18s next month. The club is re-applying to the Ryman Youth League for next season, and it needs to recruit players aged 16 to 17 years old. Trials will be held on April 14 and April 21 (5.30pm – 7.30pm) at Dinton Field, St Agatha's Drive, Kingston. All players must register in advance with full name, address, date of birth and current or previous clubs to kingstonianrymanu18@gmail.com

FOOTBALL: Kingstonian ladies beat Chertsey Town 3-1 on Sunday to open a 10-point gap at the top of the Ladies Premier Division in the Surrey County Women's & Girls' League. Goals from Hanna Robson, Carolina Boltz and Annie Jenkins did the damage. Next up is a trip to Crystal Palace Ladies on April 3.

RUGBY UNION: Kingston's fate has been sealed and they will be relegated from Surrey One despite an 18-13 win over Old Freemans on Saturday. With one game remaining, at home to Old Whitgiftian on April 2, Kingston sit eight points from safety behind Law Society. In London Division Three South West, Old Tiffinians went down 23-34 at home to Battersea Ironsides. They go to Farnham on April 2.



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